

CITY of
FREDERICKSBURG

parks & recreation

FALL CATALOG
Sept '13 - Jan. '14



Children's Activities



Sports



Nature Programs



Adult Classes



Fitness & Dance



Trips & Events

CITY of
FREDERICKSBURG

parks & recreation

Department Mission

The mission of the Fredericksburg Parks and Recreation Department is to enhance the lives of our citizens by providing a diverse package of recreation and park programs.



Staff Directory

Bob Antozzi, Ed.D, CPRP - *Director*

Wendy Stone, CPRP - *Division Manager of Finance & Leisure Services*

Mike Ward, CPRP - *Division Manager of Parks & Athletics*

Steve Bowling - *Superintendent of Public Facilities*

Joanne Jones - *Superintendent of Leisure Services*

Tiffany Capehart - *Special Events & Marketing Coordinator*

Linda Bailey - *Nature Program Coordinator*

Jillian Franklin - *Superintendent of Sports & Fitness*

Justin Bullock - *Sports & Fitness Program Supervisor*

Welcome!

As you dig into the new 2013 Fall Catalog you will notice a transformation. This fresh, new layout is just the beginning of a new direction for your Fredericksburg Parks and Recreation. We are reintroducing ourselves to you in order to keep you, our community and visitors, engaged in our mission “to enhance the lives of our citizens by providing a diverse package of recreation and park opportunities.”

I have been with our department 25+ years and I have seen the growth and changes in our community. We have more young people, more families, technology is advancing and we are taking big strides to keep up with the changing tide. In our plans for the future we are developing more for working parents to do with their children on the weekends and special events for our commuting young professionals by providing them social outlets here in Fredericksburg. The City has launched our brand new user friendly and interactive website for our residents and guests alike. We will be using this new site to update you on programs, cancellations, parks and more. Be sure to check it out!

We are passionate about fostering an environment for a healthy lifestyle and enjoying all the green spaces in our City. Currently, we have 21 beautiful parks, Dixon Community Pool, tennis courts, playgrounds, a dog park, walking trails and more for your family to take advantage of. Speaking of trails, have you heard about the progress of the new Virginia Central Railway (VCR) Trail? Projected to be completed by the end of 2013, it will be approximately 3.5 miles long, ten foot wide, mostly paved bicycling and hiking trail along the VCR rail bed. Take time to walk the new Heritage Trail, take a Pitayo class in Hurkamp Park, or buy local, fresh produce at our downtown Farmer’s Market. Whatever your interests are, we have something to offer everyone.

My staff and I are diligently working to improve and enhance our offerings for you and your family in new and refreshing ways. Please feel free to continue providing us with your valuable feedback at fredprpf@fredericksburgva.gov. We want to give you the tools to have a happier, healthier, more enjoyable lifestyle here in the City of Fredericksburg.

Sincerely,

Bob Antozzi
Director

Contact Us



Dorothy Hart Community Center

408 Canal Street
Fredericksburg, VA 22401

General Phone: 540-372-1086

Fax: 540-372-3475

Section Phone Extensions

- Children's Activities x217
- Nature Programs x213
- Fitness & Dance x227
- Sports x227
- Adult Classes x217
- Events x215
- Trips x217

Hours of Operation

Monday - Thursday: 9 a.m. - 9 p.m.

Friday: 9 a.m. - 4 p.m.

Saturday - Sunday: Closed

Email Contact

fredprpf@fredericksburgva.gov



facebook.com/FredParksRec

Recreation Commission Members:

George J. Foster, Chairman
D. Marcus Tepaske, Vice Chairman
Timothy Duffy
Calvin Glover
Malvina R., Kay
Matthew J. Kelly
Kenneth S. Kroko
Gary Olsen
Susan C. Tyler

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Fred Alert

The City of Fredericksburg uses Fredericksburg Alert to immediately contact you during a major crisis or emergency. Fredericksburg Alert delivers important emergency alerts, notifications and updates to you on all your devices:

[Email account \(work, home, other\)](#)

[Cell phone \(via SMS\)](#)

[Office phone](#)

[Pager](#)

Parks & Recreation uses Fredericksburg Alert to send you real-time updates regarding cancellations, emergencies, closings and other important information. When a cancellation happens, you'll be notified instantly through Fredericksburg Alert.

You have the ability to manage which alerts you would like to receive and can update these preferences at any time.

In case of weather related emergencies, Fredericksburg Parks and Recreation programs, classes, events and rentals will be cancelled based upon the closing decision of the City of Fredericksburg Public Schools.

Sign up now @ www.FredericksburgAlert.com



Children's Activities

Kid's Fall Festival

3yrs – 13yrs

Join the fun as we celebrate fall! Games, candy, crafts and a ton of family fun! Adults are free with a paying child. Children 2yrs and under are free with a paying sibling. Location: Dorothy Hart Community Center

Wednesday, October 23

6:00pm – 7:30pm

\$5 per person

Holiday Family Crafting

3yrs – 5yrs

Join your little one(s) as we create fun crafts for Halloween, Thanksgiving and Christmas. We will provide light refreshments and supplies to get in the holiday spirit! Sign up for just one session or all three. Adults free with a paying child. Location:

Dorothy Hart Community Center

Thursdays, 10:00am – 11:00am

October 17 – Halloween Craft

November 14 – Thanksgiving Craft

December 19 – Christmas Craft

\$5 per session/per child



Story Time & Breakfast with Santa

2yrs – 12yrs

Bring the whole family for a special meal featuring a delicious hot and cold buffet, a Christmas story, craft making, and the jolly man in red himself! Adults free with paying child. Location: Dorothy Hart Community Center

Saturday, December 14

10:00am -11:15am

\$6 per person



'Tis the Season

Grab the family as we celebrate the holiday season with activities for Fall/Halloween, Thanksgiving and Christmas!

Harvest Festival

Saturday, October 5, see p. 30

Learn to Run "Couch to Turkey Trot"

October 29 – November 28, see p. 18

Turkey Trek

Thursday, November 21, see p. 9

Nature Crafts for Christmas

Saturday, November 23, see p. 9

LOG CABIN BEDTIME STORIES

(Previously known as Gingerbread Storytime)

Thursday, December 12, see p. 10

Holiday Mormon Temple Trip, Washington DC

Tuesday, December 17, see p. 23

Gift Certificates

Our classes and trips make GREAT unique gifts for anyone. Be sure to stop into the Dorothy Hart Community Center to **purchase your gift certificate(s) today!**



Weird Science

5yrs – 11yrs

Calling all budding scientists that like weird and unusual experiments! Join us one time or each month for a new science project! Location: Dorothy Hart Community Center

Monday, 4:30pm - 5:30pm

September 23

October 21

November 18

December 16

\$6 per session/per child

Youth Tumbling

5yrs – 11yrs

Basic to intermediate level skills will be taught in a fun, non-competitive environment. Location: Dorothy Hart Community Center

Wednesdays, 4:30pm – 5:30pm

September 18 – October 16

October 23 – November 20

\$35 /\$40 (resident/non-residents)

RAD for Kids

8yrs – 10yrs

Help your children learn what to look for and how to protect themselves should they find themselves in a scary situation. This program is being brought to you in conjunction with the Fredericksburg Police Department. Location: Fredericksburg Police Department

Tuesdays, 5:00pm – 6:30pm

October 8 – October 29

\$12/\$12 (residents/non-residents)

Engineering for Kids - Electrical Engineering

7yrs – 14yrs

Students will use the Engineering Design Process to design, create, test, and refine basic electronics and circuits. Students experiment with Snap Circuits to discover the capabilities of major electronic components. Location: Dorothy Hart Community Center

Tuesdays, 6:00pm – 7:00pm

September 17 – October 22

\$110/\$110 (residents/non-residents)

Engineering for Kids - LEGO Robotics: Ocean Mission

7yrs – 14yrs

During the LEGO® Robotics Ocean Missions classes, students design and program robots to protect the ocean and ocean life by releasing a dolphin into the ocean, fixing a broken pipeline, and maintaining an oil platform. Students use LEGO® Robotics and computers to learn principles of robotics, computer programming, and teamwork. Location: Dorothy Hart Community Center

Tuesdays, 6:00pm – 7:00pm

November 5 – December 10

\$110/\$110 (residents/non-residents)

Hey Moms!

RAD for Women
is available on page 22.

**Sign up for our newsletter for
updates and new programs.**



Children's Activities

Home School Drawing/Painting Classes

5yrs – 10yrs and 11yrs – 18yrs

Students learn basic drawing skills such as composition, proportion, placement and shading. They will also be introduced to dry media including graphite, chalky pastels, oil pastels and charcoal. Students will learn how to plan a painting, techniques, color basics and mixing of colors, and light and shadow using water colors and/or acrylics. Class assignments are age appropriate and are geared to help the individual child express his/her own creative ideas at their level of artistic ability. Location: The Creative Side

5yrs – 10yrs

Mondays, 1:00pm – 1:45pm

September 23 – October 14

October 21 – November 11

November 18 – December 9

11yrs – 18yrs

Mondays, 2:00pm – 2:45pm

September 23 – October 14

October 21 – November 11

November 18 – December 9

\$60/\$60 (residents/non-residents)

Art Exploration – Mom (or Dad) and Me!



3yrs – 5yrs

If your preschooler loves art then this is the class for him or her! Join your preschooler as they learn basic drawing, painting and crafting skills. Children will explore different types of dry media, paints, mixed media projects and crafts. Location: The Creative Side

Mondays, 10:45am – 11:30am

September 16 – October 7

October 14 – November 4

November 11 – December 2

December 9 – December 30

\$60/\$60 (residents/non-residents)

Drawing and Painting Classes



5yrs – 7yrs

Students learn basic drawing skills such as composition, proportion, placement and shading and are introduced to dry media including, graphite, chalky pastels, oil pastels and charcoal. Students will learn how to plan a painting, techniques, color basics and mixing of colors, and light and shadow using water colors and/or acrylics. Location: The Creative Side

Mondays, 4:30pm – 5:15pm

September 30 – October 21

October 28 – November 18

November 25 – December 16

December 23 – January 13

- OR -

Thursdays, 4:30pm – 5:15pm

September 26 – October 17

October 24 – November

December 5 – January 2

\$60/\$60 (residents/non-residents)

Drawing and Painting Classes

8yrs – 10yrs

Students learn basic drawing skills such as composition, proportion, placement and shading and are introduced to dry media including, graphite, chalky pastels, oil pastels and charcoal. Students will learn how to plan a painting, techniques, color basics and mixing of colors, and light and shadow using water colors and/or acrylics. Location: The Creative Side

Mondays, 5:30pm – 6:15pm

September 30 – October 21

October 28 – November 18

November 25 – December 16

December 23 – January 13

- OR -

Thursdays, 5:30pm – 6:15pm

September 26 – October 17

October 24 – November

December 5 – January 2

\$60/\$60 (residents/non-residents)



Drawing and Painting Classes

11yrs – 18yrs

Students learn basic drawing skills such as composition, proportion, placement and shading and are introduced to dry media including, graphite, chalky pastels, oil pastels and charcoal. Students will learn how to plan a painting, techniques, color basics and mixing of colors, and light and shadow using water colors and/or acrylics. Location: The Creative Side

Mondays, 6:30pm – 7:15pm

September 30 – October 21

October 28 – November 18

November 25 – December 16

December 23 – January 13

- OR -

Thursdays, 6:30pm – 7:15pm

September 26 – October 17

October 24 – November 14

December 5 – January 2

\$60/\$60 (residents/non-residents)

Horseback Riding for the Beginner

6yrs – Adult

Have you always wanted to try Horseback Riding but never got a chance? Well here it is! This beginner course is for all ages, children and adults alike. Horseback riding is exhilarating and will challenge you physically and mentally. A good horseman spends a lifetime learning how to improve their riding. You've got to start somewhere. Start here! Location: White Buffalo Horse Farm

Saturdays, 10:00am – 11:00am

September 14 – October 19

October 26 – November 30

December 7 – January 11

- OR -

Sundays, 12:00pm – 1:00pm

September 15 – October 20

October 27 – December 1

December 8 – January 12

\$120/\$120 (residents/non-residents)

Want More?

Starfires Dance & Cheer, see p. 11

Karate, see p. 12 & 14

Fencing, see p. 12

Keone Pierce's Speed, Fitness & Agility, see p. 16



Horseback Riding Basics

6yrs - Adult

This riding lesson course is designed for all ages, children and adults alike, who have a passion for horses but never pursued it. Come join us and learn the very basics of how exciting horseback riding can be. Location: White Buffalo Horse Farm

Mondays, 4:30pm – 5:30pm

September 9 – October 14

October 21 – November 25

December 2 – January 6

- OR -

Fridays, 4:30pm – 5:30pm

September 13 – October 18

October 25 – November 29

December 6 – January 10

\$120/\$120 (residents/non-residents)

Horseback Riding Plus

6yrs - Adult

Geared towards the rider who is proficient in grooming, tacking and feels adequately skilled in mounting and adjusting equipment. Should be comfortable on a horse.

Sundays, 11:00am – 12:00pm

September 15 – October 20

October 27 – December 1

December 8 – January 12

\$120/\$140 (resident/non-residents)



Nature Programs

Junior Naturalist: Outdoor Skills

10yrs – 16yrs

Enjoy valuable and exciting outdoor skills to last a lifetime! Learn to use a map and compass (treasure hunt included), ways to build and light a campfire (with something other than matches), how to tie a few essential knots and more. Earn a patch and after attending classes over three seasons, get your name on a plaque in the Nature Center! Kids may attend without parent. (Linda Bailey, Instructor) Location: Motts Run Nature Center

Tuesdays, 4:30pm-6:00pm

September 24

October 1

October 8

October 15

\$55/\$70 (residents/non-residents)

Wildflowers at Dixon Park

8yrs – Adult

From the lovely evening primrose, to the tiny monkey flower, ironweed, milkweed and thistle, late summer flowers are in full bloom at Dixon Park. Take a simple stroll among the fields and wetlands to discover a world of wildflowers at your feet.) Linda Bailey, Instructor

Sunday, September 8

3:00pm – 4:15pm

\$6/\$6 (resident/non-resident)

Stargazing in the Park Series

8yrs - Adult

Join astronomer Myron Wasiuta for a spectacular series of stargazing programs. You'll have an opportunity to discover the wonders of the universe through a powerful computer-controlled Celestron 14-inch telescope and state-of-the-art equipment. Dress for the weather, bring a lawn chair (optional) and come prepared for a great adventure with a different theme each month. Location: Motts Run Reservoir (Park closed after hours. Please enter and SHUT gate behind you.)

September 28 - Stargazing - 8:00pm

October 12 - International Observe the Moon night – 8:00pm

November 9 - Observing 1st quarter Moon & Jupiter – 8:00pm

December 28 - Sparkling Stars – 7:00pm

\$4/\$4 (residents/non-residents)

Dutch Oven Dinner

8yrs - Adult

Gather 'round the coals at sunset and learn the age-old secrets to cooking with a Dutch oven. You'll have the chance to participate in making and eating a delicious meal cooked over (and under) the coals. We'll make a one-pot casserole and a tasty dessert! Bring your appetite. Space is limited. (Linda Bailey & Mimi Dempsey, Instructors) Location: Motts Run Nature Center

Sunday, September 29

5:00pm-6:45pm

\$11/\$11 (residents/non-residents)

Spooky Stories by the Shore

5yrs - Adult

Walk the trail of spooks and spiders, to the shore for a roasting-fire! Enjoy the enchantment of Halloween along the shore of Motts Run Reservoir. We'll warm you with hot chocolate and roasted marshmallows, and then chill you to the bone with spooky stories and other surprises. It's great family fun! Dress warmly and bring a flashlight and blanket. Amphitheatre seating provided. Location: Motts Run Reservoir

Saturday, October 19 (rain date of October 20)

6:45pm-8:00pm

\$6/\$6 (residents/non-residents)

Autumn Leaves Hike

6yrs - Adult

From white oaks--the forest's "fast food station," to the "dancing leaves" of the big tooth aspen, the fall

woodland is full of wonder. Take an autumn hike and learn about the trees and their seeds as we soak up the sights, sounds, and smells of the season. Dress warmly and wear sturdy shoes. A family favorite, great for adults and kids. (Linda Bailey, Instructor) Location: Motts Run Nature Center

Sunday, October 27

3:00pm-4:15pm

\$4/\$4 (residents/non-residents)



Campout in the Park!

All Ages



Come camp along the shore and enjoy a magical autumn evening complete with a weenie roast and s'mores. Sleep to the sound of night birds and beavers, and wake to the smell of coffee, bacon and French toast.

We'll provide food, fun and games, a night hike and more! You bring your tent and a love of the great outdoors. Please pick up campout list at the Dorothy Hart Community Center. Location: Motts Run Reservoir

Friday, November 1 – Saturday, November 2

5:00pm – 10:00am

Individual \$15/\$15 (residents/non-residents)

Family of 5 Fee \$65/\$65 (residents/non-residents)

Wilderness First Aid (ASHI)

14yrs - Adult

Wilderness environments create special emergency situations. This 16-hour intensive course is designed for scouts/BSA leaders or anyone pursuing/leading outdoor adventures. Does not include CPR certification (course offered separately through Parks & Recreation). Real-life scenarios will be incorporated as we cover preparation, assessment, preventing and caring for injuries and much more in this hands-on training by an ASHI (American Safety and Health Institute) instructor. Book and certificate included. Bring a bag lunch. Location: Motts Run Nature Center

Saturday, November 16

Sunday, November 17

8:00am-4:00pm

\$140/\$140 (residents/non-residents)

Turkey Trek

4yrs – 6yrs

Kids, come gobble up some fun! We'll take a hike on Turkey Ridge Trail, try out some turkey calls, look for turkey scratches, have a snack, a story, and much more! Must attend with a non-paying adult. (Linda Bailey, Instructor) Location: Motts Run Nature Center

Thursday, November 21

10:00am-11:00am

\$8/\$8 (residents/non-residents)

Nature Crafts for Christmas

7yrs -16yrs

Hand-dipped candles, leaf-printed wrapping paper, treasure boxes and more! Enjoy this annual tradition in our cozy log cabin. Everyone leaves with a handful of gifts to delight the giver and the receiver. Fee includes all materials. Wear old clothes you won't mind getting messy and dress warmly as some activities will be done outside. Children 9 and under must attend with a non-paying adult. (Linda Bailey, Instructor) Location: Motts Run Nature Center

Saturday, November 23

10:00am-12:00pm

\$12/\$12 (residents/non-residents)

Owl Prowl

6yrs - Adult

"Whooooo cooks for you all?" cries the Barred Owl. Come learn about local owls, their habits, calls and characteristics. Then set out in search of these winged night birds. There's no guarantee you'll see or hear an owl, but we're always certain to enjoy the magic of the night woods! Wear sturdy shoes and feet you can keep quiet. Bring a flashlight. (Linda Bailey, Instructor) Location: Motts Run Nature Center

Friday, December 13

7:00pm – 8:15pm

\$4/\$4 (residents/non-residents)

Firebuilding

8yrs – 14yrs

Come learn how to build a fire using a variety of methods, including at least one without matches. We'll also make some fire starters out of re-cycled materials for you to take home. (Mimi Dempsey, Instructor) Location: Motts Run Nature Center

Saturday, September 14

10:00am – 11:30am

\$8/\$8 (residents/non-residents)

Classes have limited spaces, and many fill quickly. Register today!





Nature Programs

Homeschool Nature Club

5yrs – 10yrs

Calling all homeschoolers, 1st-5th grade to take a break from the books and join our nature club! We'll start by Canoeing (9/23). Grab a camera and we'll learn all about Nature Photography (10/21). Find out who's been in the woods in Animal Tracking (11/18) Stop by the Nature Center for a cocoa before we head out on a Winter Hike (12/16). No non-registered younger or older siblings please. Wear appropriate outdoor clothing and shoes and bring water. We will meet once a month and start on time! (Mimi Dempsey, Instructor) Location: Motts Run Nature Center

Monday, September 23 – December 16

1:00pm – 2:30pm

\$30 for all four classes (residents/non-residents)

Woodlands Walk For Wee Ones

2yrs - 4yrs

Come on over to Motts Run for walk in the woods with the itty bitty crowd. We'll talk about colors and shapes in the outdoors, take a hike, and have a snack. (Mimi Dempsey, Instructor) Location: Motts Run Nature Center

Thursday, September 26

9:30am-10:30am

\$6/\$6 (residents/non-residents)

Nature Photography

8yrs-14yrs

Come shoot the beautiful fall colors of Motts Run. We'll talk about the basics, and practice getting a good shot while exploring the lakeshore area. We'll return to upload our photos and see a great slide show of our work. Bring a digital camera, fresh batteries, and an empty memory card. Children under 10 must attend with adult. (Mimi Dempsey, Instructor) Location: Motts Run Nature Center

Thursday, October 3

4:30pm-6:00pm

\$10/\$10 (residents/non-residents)

Motts Run Nature Center

Manned by volunteers, the log cabin is open Saturdays and Sundays, April through October. Nature programs held in the center are available at other times during the year. For more information or to volunteer, call 372-1086, ext. 213.

Animal Tracking

7yrs -12yrs

Trek through the woods and follow the water's edge to see if we can find out who was there before us, looking for animal tracks. Everyone takes home a plaster cast of a print. Wear shoes that can get muddy. Under 10 must attend with non-paying adult. (Mimi Dempsey, Instructor)

Location: Motts Run Nature Center

Thursday, November 7

4:30pm-6:00pm

\$8/\$8 (residents/non-residents)

Log Cabin

Bedtime Stories

(Previously known as
Gingerbread Storytime)

4yrs - 4yrs

Get your jammies on and come on over with your favorite adult for some bedtime stories at our log cabin in the woods. We'll read about who is awake at night in the woods,

sip some hot cocoa and make a log cabin craft. (Mimi Dempsey, Instructor) Location: Motts Run Nature Center

Thursday, December 12

6:30pm-7:30pm

\$8/\$8 (residents/non-residents)



Fred Alert

Get real-time updates regarding cancellations, emergencies, closings and other important information. When a cancellation happens, you'll be notified instantly through Fredericksburg Alert.

Sign up now @ www.FredericksburgAlert.com

Starfires Dance & Cheer



Starfires is a progressive program where girls ages 6-18years old will learn techniques in dance, cheering and floor gymnastics while competing and performing! Each program is designed to teach self-esteem, poise, coordination and good showmanship in a fun environment. There is no experience needed. If you have a child that is ready for the limelight, then Starfires program is just right. Try the first class for FREE! Whether your child wants to be a dancer, a competitive cheerleader, or a gymnast, there is something for everyone. Come join our award-winning pro-

grams! Visit the Dorothy Hart Community Center to register but you MUST bring your child's birth certificate with you at the time of registration.

*Starfires who wish to perform or compete will have additional monetary requirements such as uniforms and competition fees, etc., in addition to the class fees. Students are always welcome to join Starfires without performing and/or competing at any time.

** If you sign up for two programs in the Fall season, you will receive the first session at full price and the second for only \$50.

Dance & Cheer Starfires Mighty Mites

Kindergarten – 2nd grade

Learn a variety of dance styles and beginner cheer action to great music! Basic kicks, jumps, leaps, turns and tumbling will be taught. Location: Dorothy Hart Community Center

Saturdays, 8:00am – 9:00am

September 7 – January 18

\$85/\$90 (residents/non-residents)

Dance Starfires Junior Prep

2nd - 5th grade

Learn high spirited dance moves and routines. *2nd graders: readiness level will be evaluated at the first practice. Location: Dorothy Hart Community Center

Thursdays, 5:00pm – 6:15pm

September 5 – January 16

\$90/\$95 (residents/non-residents)

Starfires Hot Ice (Dance Team)

6th - 12th grade

This class is a chance to prepare for high school tryouts through a variety of dance styles to great music. Location: Dorothy Hart Community Center

Thursdays, 6:15pm-8:00pm

September 5 – January 16

\$105/\$115 (residents/non-residents)

Cheer Starfires Baby Blues (Cheer)

2nd – 5th grade

Learn high spirited cheer routines, chants and stunts. *2nd graders: readiness level will be evaluated at the first practice. Location: Dorothy Hart Community Center

Saturdays, 9:00am – 10:15am

September 7 – January 18

\$90/\$95 (residents/non-residents)



Starfires Dance & Cheer



Starfires Extremes (Cheer Team)

6th - 12th grade

This class is a chance to prepare for high school cheerleading tryouts through a variety of cheer motions, chants and stunts. Location: Dorothy Hart Community Center

Saturdays, 11:15pm – 1:00pm

September 7 – January 18

\$105/\$115 (residents/non-residents)

Starfires Tumbling (Starfires Athletes Only)

2nd – 12th grade

This is for Starfires athletes only. Beginners will work on forward rolls, hand stands, cart wheels, bridges, and round offs. Advanced will work on back bends, back walkovers, front and back handsprings, tucks, etc. Open Level is for any level. Each monthly class offers more one on one instruction. Location: Dorothy Hart Community Center

Open Level – Thursdays, 8:00pm – 8:30pm

September 5 – September 26

October 3 – October 24

November 7 – November 28

December 5 – December 26

Beginner Level – Saturdays, 10:15am – 10:45am

September 7 – September 28

October 5 – October 26

November 9 – November 30

December 7 – December 28

Advanced Level – Saturdays, 1:00pm – 1:30pm

September 7 – September 28

October 5 – October 26

November 9 – November 30

December 7 – December 28

\$10/\$15 (residents/non-residents)



Beginner & Intermediate Fencing

8yrs - 16yrs

Our trained instructor will meet with you once a week to teach you the fundamentals of this sophisticated sport. Learn stances and how to foil. Take this opportunity to get off the couch and learn something new. Class size is limited. Bring your own equipment or pay a \$20 equipment rental fee to be paid the first day of class. Location: Hugh Mercer Elementary

Tuesdays, 7:00pm to 8:00pm

September 3 - October 8

October 29 - December 3

\$70/\$75 (residents/non-residents)

Goju Karate

5yrs – 13yrs

14yrs - Adult

An addition to our long-standing Martial Arts programs, Goju is a form that dates back to the 19th century. By name, Goju means hard and soft strikes, and the form utilizes breathing techniques and movement to teach balance, coordination, and control. There will be a FREE one-night trial on August 19 for interested participants. Location: Dorothy Hart Community Center.

Mondays, September 9 - October 28

5yrs – 13yrs 6:30pm - 7:30pm

14yrs – Adult 7:30pm - 8:30pm

\$35/\$55 (residents/non-residents)

Junior Karate

5yrs – 7yrs

Our Junior Karate class is a great introduction into the world of martial arts for children. It is an excellent way to develop self-confidence, balance, and discipline. Be sure to register early, class size is limited. Location: Dorothy Hart Community Center

Saturdays, 9:00am – 10:00am

September 7 - October 19

November 2 - December 14

\$35/\$45 (residents/non-residents)



For Isshinryu Karate see p. 14.

Youth Basketball

Novice (7yrs -8yrs)
Rookie (9yrs -10yrs)
Junior (11yrs -12yrs)
Senior (13yrs -15yrs)

Learn the basic fundamentals in this league designed for fun, sportsmanship and teamwork.

You can sign up for either a Monday or Tuesday practice. Games will take place on Wednesdays, Thursdays, and Saturdays. The age determination date will be March 1, 2014. Registration begins October 23 for City residents and October 30 for Non-City residents. Deadline to register is November 29. There is a \$20 late registration fee. Location: Practices and games will take place at James Monroe High School and Walker Grant Middle School.

Mondays – Saturdays, January 6 - March 8

Times Vary - weekdays, evenings and Saturdays

\$30/\$60 (residents/non-residents)



Lil' Hoopsters Basketball

5yrs - 6yrs

This FUNdamental program teaches girls and boys basic skills including dribbling, passing, shooting, defense, and sportsmanship. No age waivers for Lil' Hoopsters basketball allowed. The age determination will be March 1, 2014. Registration begins October 23 for City residents and October 30 for Non-City residents. Deadline to register is December 27. There is a \$20 late registration fee. Location: Walker Grant Middle School

Saturdays, January 19 - February 9

Times Vary

\$20/\$40 (residents/non-residents)



Would you like to coach, sponsor or volunteer with our youth? Email us!
Fredprpf@fredericksburgva.gov

Hey Kids! Keone Pierce's Speed, Fitness & Agility is a great starter for your next sport. See p. 16.

Thank You Sponsors!

We would like to thank our sponsors of the 2013 spring season.

Your generosity allows us to continue enriching the lives of our local youth and investing in building their confidence, character and other skills that will last them a lifetime.

Fredericksburg Orthodontics
Mary Washington Florist
Play-It-Again Sports
Rappahannock Taxidermy
Dominion Va Power
Novice Kickers Parents
Global Energy Services
Pulliam's Auto Center, Inc.
Riverby Books
J&R Trucking
Union First Market Bank
Flatter & Associates
Black Knight Technology
Fun CPRusa.com
John Robb Custom Homes, Inc.
Papa Johns Pizza
W & G Construction Co.
Suzy Stone, Realtor
CTS Floors
C. Parker Consulting, Inc.
SimVentions
Simpson's Lawn Care
Charlotte Rouse – Realtor
Bill Britt VW
Ashton Innovations, Inc.
Pratt Medical Center
Clark Company
ST Trucking

A huge thanks to our coaches, volunteers, and parents who helped make our season successful. We look forward to working with you in upcoming seasons!

Want to see your business name in this list?

For more information on our sports team sponsorships, contact us today: (540) 372-1086, ext. 227.



Sports

Adult Volleyball

18yrs - Adult

Come join our co-ed Adult Volleyball League to meet new people, get exercise, and have some fun! Games are played on Thursday nights. This is a recreational league and matches are scored by a referee. No experience needed. Deadline to register is August 22. There is a \$20 late registration fee. Location: Walker Grant Middle School

Thursdays, September 19 - November 21

6:00pm-9:00pm

\$25/\$25 (Individual)

\$125/\$125 (Team of 8)

Adult Bowling

18yrs - Adult

Find four friends and join us Monday nights for bowling and socializing at Splitsville Lanes. With multiple TVs, you won't even miss the Monday Night Football games. These leagues are a great way to meet new people and have some fun along the way. Lane and shoe rental included. Deadline to register is August 22. There is a \$20 late registration fee. Location: Splitsville Lanes

Mondays, September 16 - November 4

8:00pm-11:00pm

\$65/\$65 (Individual)

\$225/\$225 (Team of 4)



Isshinryu Karate

8yrs - Adult

A super program for adults and children alike to help develop coordination, muscle tone, and self confidence. The instructor does more than teach the basic karate movements; he also works on discipline and respect for others. It's a fun, inexpensive way to experience all the value of a martial arts program. And parents, you can take it with your kids!

Location: Dorothy Hart Community Center

Saturdays, 10:00am - 12:00pm

September 7 - October 19

November 2 - December 14

\$35/\$45 (residents/non-residents)

Line Dance Starter Class

16yrs - Adult

Line Dance exercises the body and the mind while having fun. Glossary Basic Steps taught and a dance walk-through occurs before the music starts. Patterns are called as the music plays. No experience needed! Must register on a weekly basis.

Location: Dorothy Hart Community Center

Every Friday, 12:00pm - 1:25pm

\$4/\$4 (residents/non-residents)

AVID Line Dancer Class: Intermediate and Advanced Dances

16yrs - Adult

Prerequisite: proficient in most Glossary Basic Steps and comfortable with Multiple Turns. Come join the Avid Dancers class and meet new friends! Seasonal dances taught for Friday socials. Must register on a weekly basis. Location: Dorothy Hart Community Center

Every Friday, 1:30pm - 3:00pm

\$4/\$4 (residents/non-residents)

Ballet Fitness

14yrs - Adult

Ballet Fitness is a fun total body workout that helps create a lean and firm physique. Ballet Fitness is a program that will help shape your upper body, tighten your tummy, trim your hips and challenge your balance. No dance background needed! Location: Dorothy Hart Community Center

Mondays, 7:00pm - 8:00pm

September 9-October 14

October 28-December 2

\$40/\$45 (residents/non-residents)



Belly Dance Basics I with Anthea

12yrs - Adult

The artistic way to have fun, get fit, and make friends! Classes feature a belly-robics warm up, Raks Sharki combinations and Tribal Odyssey foundation. Anyone may join, no experience necessary. Anthea's certified teach method, refined over twenty years, will get you dancing right away. Location: Dorothy Hart Community Center

Thursdays, 7:30pm – 8:30pm

September 5 - September 26

October 3 - October 24

November 7, 14, 21 & December 5

\$38/\$49 (residents/non-residents)

Drop in fee \$15

Belly Dance Basics II with Anthea

12yrs - Adult

Continue from Basics I for more FUN or FITNESS! Enroll by instructor approval. Anthea's classes feature: Belly-robics warm-up, isolation technique drills, Raks Sharki combinations and choreography (may include veil), and Tribal Odyssey foundation. Even this basic level of belly dance gives you amazing skills while you develop grace and body control. Location: Dorothy Hart Community Center

Thursdays, 8:30pm – 9:30pm

September 5 - September 26

October 3 - October 24

November 7, 14, 21 & December 5

\$38/\$49 (residents/non-residents)

Drop in fee \$15

Belly Dance III with Anthea

12yrs - Adult

A continuation from Belly Dance II. Take your dancing to the next level with a nationally known, certified teacher who has over twenty years of professional experience. Step by step, develop your advanced techniques and skills, including Finger Cymbals. Learn music, rhythms, and the use of belly dance props like sword, cane, veil, and more. Class includes Performance Prep, Raks Sharki choreography or composition, and Tribal Odyssey levels II and III. Enrollment by instructor's approval. Location: Dorothy Hart Community Center

Wednesdays, 7:30pm – 8:30pm

September 4 - September 25

October 2 - October 23

November 6, 13, 20 & December 4

\$40/\$51 (residents/non-residents)

Drop in fee \$15

TABATA CrossTrain

14yrs - Adult

An exciting, high-intensity interval training workout that follows the Tabata protocol of 20 seconds of pushing yourself hard, followed by 10 seconds of rest and repeated for eight cycles. This is a high intensity class at YOUR level. NO choreography, but a highly efficient workout with maximum results! Location: Dorothy Hart Community Center

Tuesdays and Thursdays, 10:00am-11:00am

September 3-October 10

October 29-December 12

\$60/\$65 (residents/non-residents)

Drop in fee \$7

Zumba

14yrs - Adult

Zumba combines high energy and motivating music with unique moves and combinations that allow participants to dance away their worries & 500-700 calories. It is based on the principle that a workout should be FUN AND EASY TO DO in order for participants to stick to the Zumba fitness program to achieve long-term health benefits. Zumba is not only great for the body, but is also great for the mind. It is a feel-good workout, but be prepared to sweat! Location: Dorothy Hart Community Center

Tuesdays and Thursdays, 6:15pm – 7:15pm

October 29-December 12

\$60/\$65 (residents/non-residents)

Drop in fee \$7

Yoga

14yrs - Adult

Work at your individual level as the instructor guides you through a series of standing, seated, and lying postures. This class will improve your strength, flexibility, and concentration. Appropriate for those new to Yoga and those familiar with traditional poses. Modifications will be shown for those with knee, hip, shoulder, or other issues. Bring a mat, water, and wear comfortable clothing. Location: Maury Commons

Tuesdays and Thursdays, 7:00pm – 8:00pm

October 29-December 5

\$60/\$65 (residents/non-residents)

Drop in fee \$7



Sunrise Yoga

14yrs – Adult

This all-encompassing yoga session will help you clarify, relax, focus, and concentrate. All levels are accommodated in this active and energizing class. This class will improve your strength, flexibility, and concentration. Bring water, yoga mat and wear comfortable clothing to experience the wonderful benefits of yoga! Location: Maury Commons

Saturday, 8:30am-9:30am

September 14-October 26

November 16-December 21

\$35/\$40 (residents/non-residents)

Drop in fee \$7

Keone Pierce's Speed, Fitness & Agility

9yrs – 16yrs

This is a great starter program to get youth ready for any sport. Whether gaining a speed edge on the ice, greater quickness on the court, or superior agility on the field, Keone Pierce's Speed, Agility & Fitness will show you how to improve your game. This class will focus on age appropriate workout moves and will encompass all sports. Basic skills focusing on the mechanics of running through advanced levels of balance and foot control will be taught. This educational and informative workout is sure to enhance your skills and enable you to master the moves for any sport. This class is available for all athletes, males and females, between the ages of 9 and 16. The registration deadline is August 14th. There will be a FREE class trial Saturday, August 10 from 9-11 a.m. for interested participants at Old Mill Park.

Wednesdays, 6:00pm – 8:00pm

August 21 - September 25

\$70/\$75 (residents/non-residents)

Tai-Chi and Meditation

10yrs - Adult

Tai Chi is the Chinese health exercise used to cultivate a peaceful mind and healthy body. The instructor studied with Da Liu, a Taoist Master who introduced Tai Chi to this country. Sifu Charles studied with Da Liu for five years and has practiced since 1980. Sitting Meditation and Chi Kung Health Exercises are covered as a compliment to Tai Chi. Advanced students learn the long version of the form and Push Hands, a Tai Chi partner practice. Location: Dorothy Hart Community Center

Wednesdays, 6:30pm – 7:30pm or 7:30pm – 8:30pm

September 11 - October 30

November 6 - December 18

\$40/\$45 (residents/non-residents)

Have You Walked or Hiked our Parks Lately?

●●● Canal Path ●●●

This pathway is 1.8 miles long and winds along the canal from Fall Hill Avenue to Princess Anne Street. Great for walkers and bike riders of all ages.



●●● Dixon Park ●●●

This outdoor facility is 46 acres and features athletic fields, outdoor swimming pool, playground equipment, 1.5 miles of trails, restrooms, and nature preserve areas. Dixon Park is located on Rt. 2 & 17 across from Mayfield subdivision.

●●● Motts Run Reservoir Recreation Area ●●●

Open until October 31

This 860-acre natural area including the 160-acre reservoir, is a haven for fishing, boating, canoeing, hiking, and picnicking. It also serves the residents of Fredericksburg and parts of Spotsylvania County with drinking water. The park has over 4 miles of hiking trails. Bring your own compass and enjoy the thrill of orienteering! Motts Reservoir is open: 7am - 7pm April 1 - October 31 (weather & water conditions permitting); Closed Nov. 1 - March 31. Read more details on Motts on page 37.

●●● Heritage Trail ●●●

Virginia Central Railway (VCR) Trail, when completed, will be approximately 3.5 miles long. It will be a ten foot wide, mostly paved bicycling and hiking trail along the VCR rail bed.



Group Fitness Punch Card Programs

(Age 15 – Up)

Group Fitness classes require a Group Fitness Punch Card. These cards allow you the flexibility to choose and try any and all fitness classes. Take a look at our offerings to see what fits your busy schedule and stop in to purchase your card to good health today! Class times are subject to change. All fitness classes are 50 minutes in length and on-going with no specific start date unless otherwise stated in the description below. Location: Dorothy Hart Community Center

Each time you attend a class it is 1 punch. Group Fitness Punch Cards expire 30 days from purchase and can only be acquired in person at the Dorothy Hart Community Center.

Group Fitness Punch Card Options and Fees:
30 Day Pass (Unlimited Classes) - \$40/\$45 (res./non-res.)
Flex 12 Punch Card - \$35/\$40 (resident/non-resident)
Flex 8 Punch Card - \$30/\$35 (resident/non-resident)
Drop in fee for any class \$5

Strengthen, Tone and Sculpt

If you want strong bones and to build muscles that burn fat, then come join us. We work on our entire body-upper body, lower body and abs; utilizing free weights, flex ball, exercise tubes and more for a total body shaping experience. Instructor: Pam Wrobel, ACE & CPR Cert.

Mondays and Wednesdays
6:00pm-6:50pm

Early Morning Sculpt and Tone

Start your day off with this early morning workout. This program includes a variety of exercises to include ballet, yoga and Pilates to strengthen, tone, and keep you flexible. You'll find you have more energy throughout the day and be glad you got out of bed in time to get in shape. Instructor: Pam Wrobel, ACE cert.

Mondays, Wednesdays, Fridays
8:10am-9:00am

Cardio and Strength Training for Active Older Adults

This unique strength-training program is specifically geared toward the Active Older Adult. We combine low impact cardio elements, resistance training, along with core conditioning floor work. We'll end class with relaxing stretches, which will help improve flexibility and also reduce stress. A perfect way to end your workout! Instructor: Teresa Powell, CPR Cert.

Tuesdays
8:30am-9:20am and 1:00pm-1:50pm

Thursdays
1:00pm-1:50pm

Beginner-Intermediate Pilates

Pilates is for all ages, genders and abilities! Most body aches and pains are due to muscular imbalance. Pilates strengthens the muscles that support the spine (the neck, shoulders, abs, hips and thighs), helps to realign the spine and strengthen the body from the inside out. This class will focus on activating deep muscles while helping tone, streamline and improve your posture through the emphasis on body conditioning, core muscle training, and flexibility. You will also learn to do Pilates exercises with props, such as, small balls, large medicine balls, stretch bands, hand weights, Pilates rings and foam rollers.

Instructor: Cheri Bryan, CPFI cert.

Mondays, Wednesdays, Fridays
11:30am-12:20pm





Adult Special Interest

A Gentler Kinder Way to Divorce

18yrs - Adult

Keeping the divorce process civil can be a challenge but it can be done. Come learn better ways to deal with the situation.

Location: Dorothy Hart Community Center

Tuesdays, 7:30pm-8:30pm

October 15

December 10

\$10/\$12(residents/non-residents)

Communicating with Compassion

16yrs – Adult

Allison Stenger, a Hospice Communication Trainer, offers the Communicating with Compassion class that teaches the principles of effectively communicating with people who suffer from memory loss. The class emphasizes that there is a reason for all behavior, which must be understood to effectively communicate with Dementia and Alzheimer's sufferers. The class is suitable for everyone: caregivers, friends, health workers and volunteers. Location: Maury Commons

Mondays, 6:00pm – 8:00pm

September 16

October 21

November 4

\$50/\$55 (residents/non-residents)

SLIM: Sexy Lady in the Making

18yrs - Adult

Where you're once dormant dreams are gently re-awakened and your purpose in life takes flight. Lose weight, be slim. No diet pills, no weird stuff...just results! Check out www.slimintegrated.com to learn more. Location: Dorothy Hart Community Center

Wednesdays, 7:00pm – 8:00pm

October 30 – November 20

\$147/\$152 (residents/non-residents)

Learn to Run...

A Healthier, Stronger, Faster You!

18yrs - Adult

Sarah Pevehouse is the owner of "There She Goes...A Healthier, Stronger, Faster You!" She is an RRCA certified Running Coach, AFAA Certified Personal Trainer, and an AAAI Certified Sports Nutrition Consultant. She specializes in teaching people how to go from walking to jogging, from jogging to running, and from running to setting and achieving distance goals. Class is suitable for beginner, intermediate and a 5K training class. Location: Dorothy Hart Community Center

Tuesdays and Thursdays, 10:00am – 11:00am

September 3 – September 26

October 1 – November 28

\$80/\$85(residents/non-residents)



Learn to Run "Couch to Turkey Trot"

18yrs - Adult

Get the skills needed to get off the couch and tackle your first 5K. We have a plan for you to create positive changes in your health and attitude by increasing your cardiovascular wellness, reducing stress levels, burning calories and helping you improve your overall health. Additional running info is available at www.thereshgoes.org. Location: Dorothy Hart Community Center

Tuesdays and Thursdays, 10:00am – 11:00am

October 29 – November 28

\$100/\$105 (residents/non-residents)

Conversational Italian Beginner

13yrs – Adult

Conversational Italian is for teens and adults. It is a classroom environment where the instructor will familiarize the class with basic words and phrases in Italian. This course teaches the basic skills to those who do not know Italian so they can converse with an Italian speaker. Location:

Dorothy Hart Community Center

Wednesdays, 6:00pm – 7:00pm

August 28 – October 2

Thursdays, 10:00am – 11:00am

September 5 – October 10

\$70/\$75(residents/non-residents)



Conversational Italian Advanced

13yrs - Adult

Build on the skills you learned in our previous classes. The instructor teaches an expanded set of skills to those that have acquired a basic knowledge of Italian through completion of conversational Italian I. This is ideal for those who are planning a trip to Italy. Location: Dorothy Hart Community Center

Wednesdays, 6:00pm – 7:00pm

October 9 – November 13

Thursdays, 10:00am – 11:00pm

October 17 – November 21

\$70/\$75(residents/non-residents)

Collage I and Mixed Media:

16yrs – Adult

Collage making is perhaps the most underutilized yet most versatile and diversified extension of painting. It is a medium which develops the artist's proficiency and strengthens composition and color application. Students will work on developing a small series with a related theme or subject. Great for either beginners, or those with painting and or drawing experience. Supply list provided upon registration. Location: Dorothy Hart

Wednesdays, 10:00am – 11:30am

September 11 – October 2

October 9 – October 30

November 6 – November 27

\$40/\$45(resident/non-residents)

Don't Settle, Love the Results DSLR Camera

14yrs - Adult

Do you have a DSLR camera that has more modes and menus than you can figure out? Would you like to learn about your camera by having fun making images and rather than being put to sleep by reading the owner's manual? This class is for anyone who would like to learn more about composition, ISO, f-stops, shutter speed, white balance, and the various camera modes of their DSLR camera. A DSLR is required for this class as well as assignments to complete between classes.

Location: Dorothy Hart Community Center

Wednesdays, 10:00am – 12:00pm

September 4 – October 9

Thursdays, 7:00pm – 9:00pm

November 7 – December 19

\$60/\$60(residents/non-residents)



Rock your Point and Shoot Camera

14yrs - Adult

Do you have a point and shoot camera and want to learn how to use it to create images you love? Are you tired of getting images that you don't like but you don't know how to improve them? This class will help you create better photographs with your point and shoot camera. Come and learn about composition, f-stops, shutter speeds, white balance, ISO and more in a class geared specifically to point and shoot camera users. A digital point and shoot camera is required for this class as well as assignments to complete between classes.

Thursdays, 7:00pm – 9:00pm

September 5 – October 10

Wednesdays, 10:00am – 12:00pm

November 6 – December 6

\$60/\$60(residents/non-residents)



Adult Special interest

Adult Special Interest

Water Color I

16yrs - Adult

Get to know the artist within you. Learn the basics of this beautiful medium with artist Nancie Harris. Find your particular style and feel your creative energy flow as you learn how to begin painting your own watercolors. Each student will work on 4 pieces throughout the course. Pick up a supply list when you register. Location: Mind & Body Studio

Tuesdays, 10:00am-12:00pm or 7:00pm – 9:00pm

September 3 – September 24

November 5 – November 26

\$41/\$46 (residents/non-residents)



Water Color II

16yrs – Adult

For those of you who have taken Nancie's Watercolor I class (or have some watercolor experience) and want to continue with your painting. Paint with confidence as your skills continue to improve and you share your work with others. Location: Mind & Body Studio

Tuesdays, 10:00am-12:00pm or 7:00pm – 9:00pm

October 8 – October 29

December 10 – December 31

\$41/\$46 (residents/non-residents)

Johnny's Thursday Watercolor

18yrs - Adult

Advanced class. Must have instructor's permission to register. Mr. Johnson can be reached at the Dorothy Hart Community Center.

Thursdays, 10:00am – 12:00pm

September 19 – December 12

\$42/\$54(residents/non-residents)

Acrylic I

16yrs – Adult

This easy, portable art will offer even beginning artists a chance to express themselves with paint. We'll look at basic acrylic techniques; try an acrylic collage, a wash, and even a still life. Make this the year you try something new and creative. Supply list provided upon registration. Location: Mind & Body Studio

Wednesdays, 10:00am – 12:00pm or 7:00pm – 9:00pm

September 4 – September 25

November 6 – November 27

\$41/\$46 (residents/non-residents)

Acrylic II

16yrs - Adult

For those of you who have some experience working with acrylic paints or have taken Nancie's first session. This class will help you continue to explore your creativity and ability to work in this wonderfully portable and easy art form. Each student will continue to work at his/her pace to complete different projects. Pick up supply list upon registration. Location: Mind & Body Studio

Wednesdays, 10:00pm – 12:00pm or 7:00pm – 9:00pm

October 9 – October 30

December 11 – January 8

\$41/\$46 (residents/non-residents)

Adult Drawing I

16yrs - Adult

Always wanted to draw, but never took the time? Whether you are just a beginner or have some experience and just want to sharpen your skills, this class is for you. We will be looking at perspective, composition, shading and some other drawing basics. Pick up supply list upon registration. Location: Mind & Body Studio

Thursdays, 10:00pm – 12:00pm or 7:00pm – 9:00pm

September 5 – September 26

November 7 – November 28

\$41/\$46 (residents/non-residents)

**Enjoy an artful weekend outdoors!! Visit our
Fredericksburg Art Festival and Via Colori on
Sep. 21-22, see p. 30 for details.**

Adult Drawing II

16yrs - Adult

For those of you who have completed Drawing I or have drawing experience. We'll improve your techniques and learn more secrets to making a drawing come to life. We will also incorporate ink into our drawings. Come ready to draw! Pick up supply list upon registration. Location: Mind & Body Studio

**Wednesdays, 10:00pm – 12:00pm or
7:00pm – 9:00pm**

October 10 – October 31

December 12 – January 2

\$41/\$46 (residents/non-residents)

Say Hello to Art Clay Silver

18yrs - Adult

Do you love silver jewelry? Have you ever wanted to create your own, one-of-a-kind personalized piece? Then this is the perfect class for you. Welcome to the wonderful world of Art Clay Silver. In this class, you'll learn the basics of working with this fun and exciting innovative clay. You'll shape, carve, add texture and even fire your piece with a torch... turning it into a one-of-a-kind fine silver pendant that's yours to keep. All materials included, as well as use of instructors tools; just bring yourself and your creative jewelry making ideas. Location: Dorothy Hart Community Center

Wednesdays, 9:30am – 1:30pm

September 11

September 25

October 9

October 23

November 6

November 20

December 4

December 18

\$70/\$75 (residents/non-res)

Basic Dog Manners

16yrs - Adult

Using positive reinforcement methods based on current learning theory and behavior modification techniques, we will show you how to teach the dog to respond to your commands of: Come, Sit(and stay), Down (and stay) and Heel. We will begin teaching the skills dogs need to pass the AKC Canine Good Citizen test. Dogs of all ages and sizes are welcome but the dog must be 14 weeks and have had at least 2 of 4 puppy vaccinations. Current veterinary vaccination must be shown at the first night of class. Dogs attend ALL five classes. Pick up a supply list and class orientation sheet when you register. Location: Dorothy Hart Community Center

Wednesdays, 2:30pm – 3:30pm

October 30 – December 4

Wednesdays, 7:00pm – 8:00pm

October 30 – December 4

\$89/\$99 (residents/non-residents)



Advanced Dog Manners

16yrs - Adult

For the dogs who came to a basic skills class and now want to hone their attention and obedience response vocabulary, this is the class for you. We will work on all ten tasks of the AKC Canine Good Citizen test as part of our school work. Want to practice a run-through of the AKC Novice obedience tasks? Request a run-through as your graduation exercise. As in all Dog Manners classes, we will have a festive graduation our last session. Pick up a supply list and class orientation sheet when you register. Location: Dorothy Hart Community Center

Wednesdays, 1:00pm – 2:00pm

October 30 – December 4

Tuesdays, 7:30pm – 8:15pm

October 30 – December 4

\$89/\$99 (residents/non-residents)



Puppy Kindergarten (Pups 9-20 Weeks)

16yrs - Adult

The first few weeks that your pup investigates the world, learns good manners and attention are the most important weeks the two of you will ever spend. Put the sweet paws of your puppy on the best path for an obedient, happy and safe future. Puppies 9 to 20 weeks of age only, no exceptions. Pick up a supply list and class orientation sheet when you register. Location: Dorothy Hart Community Center

Tuesdays, 6:30pm – 7:15pm

October 29 – December 3

\$89/\$99 (residents/non-residents)

Swim anyone? It's a Soggy Doggy event, see p. 29.



Adult Special interest



Prosperity & Abundance (Self-help)

18yrs - Adult

You don't have to struggle for money anymore. We will clear the limiting beliefs and self-sabotaging patterns that are holding you back from money and abundance once and for all so you can live a prosperous life! Location: Maury Commons

Thursdays, 7:00pm – 8:00pm

September 19 – October 10

\$90/\$95 (residents/non-residents)



Design Your Life from Within: Private, 1on1

18yrs – Adult

If any of the important areas of your life-like your finances, relationships, health, weight, business, and so forth are not working for you right now, know this: You can completely transform your life and make it what you want it to be. We will show you step-by-step proven ways to improve your situation. Special offer, two 60-minute sessions + an additional bonus session. Location: Dorothy Hart Community Center

Thursdays, 6:00pm – 8:00pm

September 19 – October 24

\$147/\$152 (residents/non-residents)

Take the Mystery Out of Investing

16yrs – Adult

If you keep hearing about IRA's and Mutual Funds, CD's and certificates, and you don't know what everyone is talking about, this is the class for you! You don't need a lot of extra money to start on your way to investment savings for big pay offs later. Come see how it's done! Location: Dorothy Hart Community Center

Tuesdays, 7:30pm-8:30pm

September 17

November 19

\$10/\$12(residents/non-residents)

Heartsaver CPR/AED

14yrs - Adult

Heartsaver® CPR AED is a classroom, video-based, instructor-led course that teaches adult CPR and AED use, as well as how to relieve choking on an adult. Location: Maury Commons

Wednesdays, 9:00am – 1:00pm

September 24

October 30

\$40/\$45 (residents/non-residents)

Heartsaver First Aid

14yrs – Adult

Heartsaver® First Aid is a classroom, video-based, instructor-led course that teaches students critical skills to respond to and manage an emergency until Emergency Medical Services (EMS) arrives. Location: Maury Commons

Wednesday, September 4

1:00pm – 5:00pm

Wednesday, October 2

9:00am – 1:00pm

\$35/\$40 (residents/non-residents)

Heartsaver First Aid and CPR/AED

14yrs – Adult

Heartsaver® First Aid CPR AED is a classroom, video-based, instructor-led course that teaches students critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency in the first few minutes until Emergency Medical Services (EMS) arrives. Location: Maury Commons

Wednesdays, 9:00am – 4:00pm

September 11

October 9

November 6

November 27

December 4

\$45/\$50 (residents/non-residents)

RAD for Women

16yrs - Adult

A four-week course for women only focuses on physical defense and ways to avoid potential attacks. You will learn punches, kicks, and ways to get away from an attacker. This program is being brought to you in conjunction with the Fredericksburg Police Department.

Tuesdays, 7:00pm – 9:00pm

October 8 – October 29

\$12/\$12 (residents/non-residents)



Bus Trips

Sign up for the trips on this page at the Dorothy Hart Community Center. See registration on page 39.



Special Events



Amishlands, Pennsylvania

16yrs - Adult

Package includes: performance of "Noah" at the Millennium Theatre, shopping on your own, Pennsylvania Dutch-style meal, taxes & meal gratuities, motor coach transportation. Cancellation Date: 9/30/2013.

Saturday, October 12

6:00am – 11:30pm

\$161/\$161 (resident/non-resident)



New York City

16yrs - Adult

Package includes: 1 night's lodging, 1 Breakfast, Radio City Music Hall Rockettes show, guided tour of lower Manhattan, shopping on your own, Macy's Herald Square, luggage handling, taxes and meal gratuities, motor coach transportation. Cancellation Date: November 8, 2013.

Sunday – Monday, December 1 - December 2

6:00am – 10:00pm

\$331/\$331 (resident/non-resident)



Mormon Temple, Washington DC

5yrs - Adult

View more than 450,000 holiday lights and local musical group performing a live concert in a state-of-the-art theater. Great family fun! A light snack will be provided and you are welcome to bring a snack of your own as well. Cancellation Date: November 12, 2013.

Tuesday, December 17

4:30pm-10:00pm

\$35/\$40 (resident/non-resident)



&



NEW ORLEANS!!

7 Night Western Caribbean Cruise

Onboard the "Serenade of the Seas"

Plus ... New Orleans Land Adventure

Jan. 30—Feb. 8, 2014



Tour Itinerary:

Day	Port	Arrive	Depart
Jan 30	New Orleans, Louisiana	afternoon	
Jan 31	New Orleans City Day Tour		
Feb 1	Board "Serenade of the Seas"		4:30 PM
Feb 2	Cruising		
Feb 3	Cruising		
Feb 4	Falmouth, Jamaica	9:00 AM	6:00 PM
Feb 5	George Town, Grand Cayman	7:00 AM	4:00 PM
Feb 6	Cozumel, Mexico	9:00 AM	5:30 PM
Feb 7	Cruising		
Feb 8	New Orleans, Louisiana	7:00 AM	

Per Person Rates Based on Double Occupancy:

Inside (L)	\$2039
Balcony (E1)	\$2099
Balcony (D1)	\$2119

*\$550 per person deposit due at time of booking
Additional \$700 deposit per person due by Oct. 1, 2013
Final Payment Due on November 1, 2013*

**—Prices based on Availability—
Please call for 3rd/4th person and Single Rates**

Cancellations are subject to a \$50 per person cancellation fee

Package Includes: Round Trip Transportation from Fredericksburg, Round Trip Air; All Airport/Hotel/ Cruise Transfers; Baggage Handling; Welcome Dinner; Hotel Accommodations for 2 nights at The Sheraton Canal Street; City of New Orleans Day Tour; 7 night Cruise; Entertainment and Meals onboard; port charges, taxes and service fees.

~Insurance and Gratuities are Additional~

TRAVEL LEADERS®
travel better

4113 Plank Road Fredericksburg, VA 22407

540-786-4000 or 800-966-8016

EscapeNow@TravelLeaders.com

www.TravelBetterNow.com

Mention Fred P & R when you sign up at Travel Leaders to get these great rates!

PREPARE
TO BE
WOWED
INTRODUCING
QUANTUM OF THE SEAS™

February 20-March 1, 2015

Royal Caribbean
INTERNATIONAL

9 Nights Eastern Caribbean Sailing Itinerary:

Day	Port	Arrive	Depart
Feb 20	Cape Liberty, New Jersey		5:00 PM
Feb 21	Cruising		
Feb 22	Cruising		
Feb 23	San Juan, Puerto Rico	4:00 PM	11:00 PM
Feb 24	Charlotte Amalie, St. Thomas	8:00 AM	5:00 PM
Feb 25	Samana, Dominican Republic	9:00 AM	6:00 PM
Feb 26	Labadee, Haiti	8:00 AM	4:00 PM
Feb 27	Cruising		
Feb 28	Cruising		
Mar 1	Cape Liberty, New Jersey	8:00 AM	



Prices are per person double occupancy

Prices
Valid until
12/02/2013

Inside (M)	\$1539
Oceanview (G)	\$1649
Balcony (D6)	\$1859
Balcony (D5)	\$1889

Deposit \$515 per person at booking

Final payment due November 25, 2014

Cancellations are subject to a \$50 charge per person cancellation fee+ vendor fees.

**-Prices are based on availability-
Call for Single, Triple or Quad Rates**

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25

Tulips & Windmills

April 01—11, 2014



HIGHLIGHTS INCLUDE:

DAY 1 FREDERICKSBURG: Depart US on flight to Amsterdam.

DAY 2 AMSTERDAM: Arrive in Amsterdam, transfer to ship, free time.

DAY 3 AMSTERDAM: Canal cruise via glass-topped boat; free time, perhaps visit the Anne Frank House or Van Gogh Museum.

DAY 4 IJSELMEER/HOORN: Scenic cruising along Holland's waterways. Guided walk in Hoorn featuring cheese warehouses & the main square.

DAY 5 ARNHEM/NIJMEGEN: Tour of Paleis Het Loo & gardens; afternoon at leisure or optional battlefield & Airborne Museum tour. Evening at leisure to stroll Nijmegen cobbled streets.

DAY 6 KINDERDIJK/ANTWERP: Tour Kinderdijk windmills, a UNESCO site. Evening at leisure.

DAY 7 ANTWERP: Half-day tour including Cathedral of Our Lady & Steen Castle; afternoon free time.

DAY 8 GHENT: Excursion to Brugge, a UNESCO site, including guided walk with Church of Our Lady & Beguinage.

DAY 9 MIDDELBURG/HOLLAND'S WATERWAYS/ROTTERDAM: Delta Works excursion, scenic afternoon cruising, evening at leisure to explore Rotterdam on your own.

DAY 10 AMSTERDAM: Keukenhof Gardens excursion & free time to visit Museum Square or sample local fare.

DAY 11 AMSTERDAM: Disembark and flight back to US.

10 DAYS—8 GUIDED TOURS—2 COUNTRIES

Per Person Rates Based on Double Occupancy:

Standard (Category E) **\$4299*** per person

French Balcony (Category D) **\$4899*** per person

Veranda (Category B) **\$5189*** per person

Veranda (Category A) **\$5339*** per person

**Based on Category Availability*

\$715 deposit per person due at time of booking

Second Deposit \$1500 per person due 10/04/13

Final Payment Due on December 6, 2013

Cancellations are subject to a \$50 per person cancellation fee + vendor fees

Package Includes: Round trip Transportation from Fredericksburg, Round trip Air, All Transfers, 10 day Cruise, 8 Guided tours with Audio headset, All Meals (9 breakfasts, 8 lunches, 9 dinners), Complimentary wine, beer and soft drinks with onboard lunch/dinner, all port charges, taxes and fees.



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Taste of Scotland & Ireland

May 22– June 1, 2014



ROUND TRIP FROM FREDERICKSBURG ~ FULLY ESCORTED TOUR—9 NIGHTS—16 MEALS

HIGHLIGHTS INCLUDE:

Dinner & Walking Tour of Edinburgh—Cliffs of Moher—
Dublin Canal Cruise Dinner & Live Music—Bunratty Castle
Medieval Banquet—Culloden Battlefield—Jaunting Car Ride
Blarney Castle—Skellig Experience

OTHER HIGHLIGHTS:

Book of Kells at Trinity College—Rathbaun Farm—Spean
Bridge Woollen Mills—Skellig—Blair Athol Distillery—Loch
Ness Scenic Cruise—Titanic Belfast

Package Includes: Round trip Transportation from Fredericksburg,
Round trip Air, all transfers, Deluxe motor coach for touring, **9 Nights
accommodations, 9 Full Irish Breakfasts, 7 Dinners**, Luggage handling,
hotel taxes and meal gratuities, taxes and service fees. Insurance Included.

PASSPORTS ARE REQUIRED

Per Person Rates Based on Occupancy:

\$3795

per person double

\$4409

Single rate

Prices are guaranteed thru 9/30/13 based on availability

**-Price Includes All Transportation, First Class Hotels, Insurance,
10 Day Coach Tour, 9 Breakfasts and 7 Dinners-**

\$615 pp deposit due at time of booking

Final Payment Due on February 28, 2014

Cancellations are subject to a \$50 per person cancellation fee plus vendor fees

-INSURANCE COVERAGE IS INCLUDED-

Group Insurance provided through Travel Guard—Ask an agent for more details



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www.TravelBetterNow.com

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The 23rd Annual Fredericksburg Area



October 12 & 13, 2013

Rain or Shine ~ Save the Date!!

Award winning wines
30+ Vendors & Artisans
Variety of Cuisines

Featured Wineries:

Gabriele Rausse
Autumn Hill
Lake Anna
Mattaponi
Hartwood
Ingleside
Burnley

Guest Wineries:

A Ghost Winery
Generals Ridge
Savoy-Lee

Beer Garden

Sweepstakes Drawings

Live on Stage 1:

Steve Jarrell &
Sons of the Beach

Live on Stage 2:

Island Jerry
with the sounds of
Jimmy Buffett

Live in the Beer Garden:

The "All American Girls"

Location: Old Mill Park

2401 Caroline Street,
Fredericksburg, VA

Tickets

\$15 advance / \$20 at the gate

Includes: Admission,
Commemorative wine glass,
Entertainment, Vendors



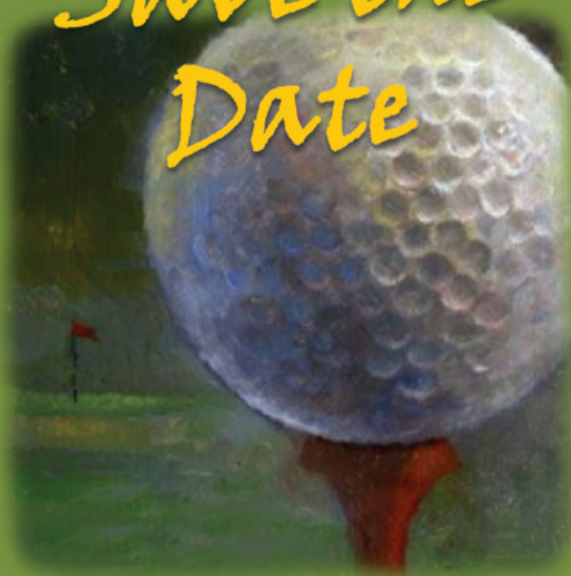
Contact & Information

www.fredericksburgwine.com

office@emstat.net (540) 972-2749

Promoted and managed by Event Management Solutions
(an EMSTAT business)

Save the Date



City of Fredericksburg United Way Benefit Golf Tournament

Monday, October 21, 2013
9:00am

Lee's Hill Golf Club

\$70.00/player

*If you are interested in being
a hole/food/beverage/hole-in-one contest sponsor
for this event, please contact Melissa Steiniger
at 540-372-1028 or masteiniger@fredericksburgva.gov.*



Special Events



Picnic in the Park

Every Tuesday in September

11:30am – 1:30pm

Hurkamp Park

Free and open to the public. Live music, children's activities, moon bounce, Touch-A-Truck, local food vendors, etc. Sponsored by B101.5, Cox Communications and Fredericksburg Academy. Bring your lunch or buy it in the park!



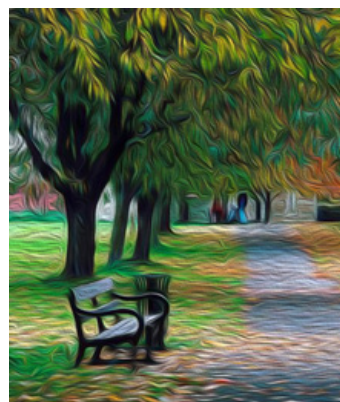
Soggy Doggy Swim

Friday, September 6

Dixon Pool

5:30pm – 8:00pm

Dogs rule the pool this evening as we bring the dog days of summer to a close. Admission is \$5 for up two dogs. T-shirts will be available for puppies and their human friends alike, so bring a little extra cash. Registration forms are available at the Dorothy Hart Community Center and Dixon Pool.



Art in the Park

Saturdays, 9:00am – 1:00pm

Hurkamp Park

September 7

October 5

In conjunction with First Saturdays at the Fredericksburg Farmer's Market, Art in the Park is an amazing showcase of local artists and their work. Come shop the market and then purchase beautiful mediums of art that include pottery, jewelry, photography, paintings and more. Support your local arts!



Adult Bowling League

Mondays, September 16 - November 4

Grab your friends and grab a lane at Splitsville!

Turn to page 14 for more details.



Special Events



Fredericksburg Art Festival

Saturday, September 21

10:00am – 5:00pm

Sunday, September 22

11:00am – 4:00pm

Riverfront Park

Artists from all over the region will fill Riverfront Park in an amazing display of their works. Everything from paintings, drawings, photography, pottery, jewelry, woodworking and more will be for sale. Great opportunity to update the decor in your house or to get a head start on your holiday shopping with these unique gifts.

Via Colori

Saturday, September 21

10:00am – 5:00pm

Sunday, September 22

11:00am – 4:00pm

Riverfront Park

This weekend-long festival celebrates creative expression and artists working together for a cause. Watch as the streets come alive with hundreds of artists painting, creating, and performing in our City streets. With live music, food vendors, children's activities, and an artist's market it is guaranteed to be a good time for the whole family.

Special Events



Harvest Festival

Saturday, October 5

9:00am – 1:00pm

Hurkamp Park

Join us for the last First Saturday of the year. Bring the whole family out to shop the Farmer's Market and then enjoy a mini-pumpkin patch, face painting, fall decorations for sale, lots of beautiful fall produce and more. There will be something for everyone!



Fredericksburg Dog Fair

Co-Sponsored by Fredericksburg Parks & Recreation

Saturday, October 5

Fredericksburg Fair Grounds

The day kicks off with the Masquerade Dog Parade that begins and ends at the Fredericksburg Fairgrounds. Jack Terrier DogTona Raceway – Speeding Bullet Races – Canine Casino – Dog Adoption – Ask-a-Vet – Skill Events – Demonstrations – Dog Show Competitions – Live Bands – Food – Beer Garden – and much more.

Visit <http://downtowndogfair.com> for more details.



Spooky Stories by the Shore

Saturday October 19

(raindate: Sunday, October 20)

Check out page 8 for more chilling details on this event.



Paws & Whiskers Bazaar

Saturday, November 2

11:00am – 4:00pm

Dorothy Hart Community Center

Bark your calendars and bring your pet to join the fun! This event is all about the special furry friend(s) in your life. We will have vendors selling homemade goodies just for your pet(s), a silent auction and special prizes for the pets in costume! Half of the all proceeds made throughout the day will be donated to the Fredericksburg SPCA. Admission is FREE! Interested in being a vendor? \$25 per table and space is limited so sign up early.

Special Events



Urban Trail Ride

Saturday, November 9

9:30am – 12:00pm

Old Mill Park

Bring your own horse and enjoy a ride through historic Fredericksburg. Special registration form required. Riders must be 15 years or older regardless of experience. All riders 15-18yrs old must be accompanied by an adult.

Event will be held rain or shine unless extreme weather occurs.



Story Time & Breakfast with Santa

2yrs – 12yrs

Saturday, December 14

10:00am -11:15am

\$6 per person

Adults free with paying child.

Dorothy Hart Community Center

Bring the whole family for a special meal featuring a delicious hot and cold buffet, a

Christmas story, craft making, and the jolly man in red himself!



FIRST SATURDAY FARMERS MARKET

EXPANDED
FIRST SATURDAY FARMERS MARKET
7 a.m. - 2 p.m.
**SEPTEMBER 7
OCTOBER 5**

We're closing Prince Edward Street to bring you our **NEW First Saturday Market!**

MORE Vendors!
MORE Great Products!
MORE Space to Shop!
MORE fun for you and your family!

SAME GREAT HISTORIC LOCATION!

Prince Edward & George Street
at the corner of Hurkamp Park

Find out more:

Credit cards and SNAP welcome!

NEW Website Look!

Check out the new look of www.fredericksburgva.gov easier to navigate, easier forms, and more! We will continue to add new and exciting programs throughout the season that are not included in the catalog. Stay up to date by checking the website or signing up for the Parks & Recreation newsletter!



Special Events



First Night Fredericksburg

Come Celebrate New Year's Eve with us!

Tuesday, December 31 in Historic Fredericksburg, 7pm-12:30am

A family friendly celebration of the arts. Fireworks, NYE countdown, pineapple drop and more. The biggest and best NYE party you've ever seen! \$5 in advance, \$8 night of the event.

Watch for updates: www.FredericksburgFirstNight.com



Stars

is a division whose mission is to serve our children with special needs by offering opportunities in theatre education, performance and outreach. Our target audience is school aged children up to 22 years.

Stars Events - Massaponax High School

9/14 - Theatre

9/21 - Dance

9/28 - Music

10/5 - Art

Kids on Stage

Kids on Stage is the youth division. Kids on Stage is dedicated to developing life skills in children through affordable theatre experiences that educate, entertain, and enrich the lives of those on the stage and in the audience.

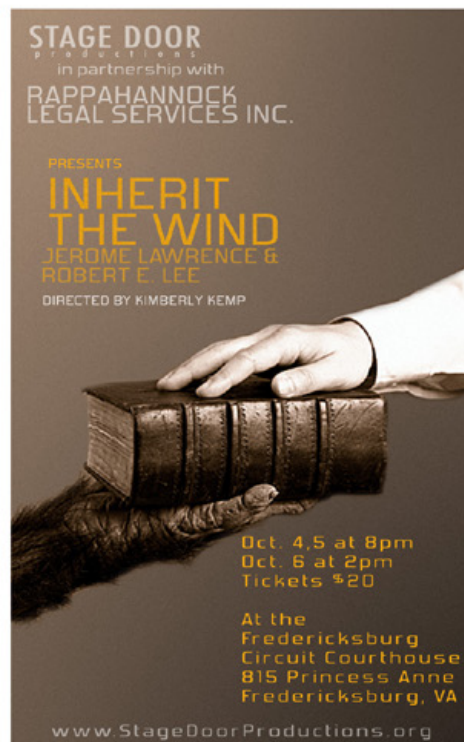
Kids Events - Massaponax High School

11/14 - 11/17 - The Lion the Witch and the Wardrobe

STAGE DOOR

PRODUCTIONS

www.stagedoorproductions.org



FALL AT THE LIBRARY!

Explore the many opportunities for lifelong learning and fresh entertainment at a CRRL branch near you or online at LibraryPoint.org. And you can always check out eBooks and eAudios online 24/7 from your own backyard!

RAPPAHANNOCK Reads



For a complete list of D-I-Y classes and events, click to LibraryPoint.org or come to any branch for a complete guide.

Meet the Author

September 14, 2:00–3:00 @ England Run. Mark Frauenfelder, editor of Make Magazine and BoingBoing.com explores the new world of tinkering & fabricating, where D-I-Y becomes D-I-W-O (Do-It-With-Others). Books available for purchase and signing afterwards.

The Festival of Community Makers

September 14, 3:00–5:00 @ England Run. Explore demonstrations and hands-on activities from local groups you can join. Something fun for everybody!

Photo Trash Bash

October 15, 6:30–8:00 @ Headquarters
October 14, 6:00–8:00 @ Salem Church
October 15, 4:00–5:00 @ Snow
Make it, wear it and click it while enjoying tasty treats to celebrate Teen Read Week. Grades 6–12.

Duct Tape Dynamo!

October 4, 4:30–5:15 @ England Run. Use the power of duct tape to make cool creations! Grades K–6.

Software Freedom Day

September 21, 1:00–5:00 @ Salem Church. FredLUG, the Fredericksburg Linux Users Group, will demonstrate free software and answer questions about how open source software can benefit your business and family. All ages.

Composting 101

October 12, 12:00–1:30 @ England Run. Join Julie May to learn how to compost and turn food scraps to garden gold. Play in the dirt and become a backyard composter today. Adults.

Meet the Honeybees

October 12, 10:00–11:15 @ England Run. Interested in bees & beekeeping? Learn all about the amazing honeybee. Presented by local beekeeper, Patricia Kurpiel. Adults.

Fredericksburg Werken (a local Maker's Group)

October 2, 5:00–8:00 @ Salem Church. Members of the group will be in the library lobby demonstrating their projects and offering information on the organization. Adults.

Fabulous Fridays: LEGO Bridges!

September 20, 4:30–5:15 @ Salem Church. Come in and try your hand at bridge construction with LEGOs! Books, activities, and crafts! Grades K–6.

LibraryPoint.org

facebook.com/crrlnews

twitter.com/crrlnews

Headquarters Library 540/372-1144

England Run Branch 540/899-1703

Salem Church 540/785-9267

Porter Branch 540/659-4909

Snow Branch 540/507-7565

Cooper Branch 804/224-0921

Montross Branch 804/493-8194

Newton Branch 804/472-3820

MINDS GROW AT THE LIBRARY!













Locations

Parks and Recreation Facilities

Amenities

Alum Spring Park	       
Canal Path	
City Dock	  
Cossey Botanical Garden	 
Dixon Park	     
Dorothy Hart Community Center	
Fredericksburg Dog Park	
Hurkamp Park	 
Maury Playground	    
Memorial/Kenmore Park	      
Motts Run Nature Center/Reservoir	      
Powhatan Park	 
Old Mill Park	      
Old Walker-Grant School	
Riverfront Park	
Snowden Park	  
W. L. Harris Playground	    

LEGEND

	Basketball Courts		Covered Shelter		Swimming		Picnic Area
	Benches/ Seating Area		Fishing		Tennis Courts		Playground Equipment
	BBQ Grill		Horseshoe Pits		Trails		Restrooms/Porta Johns

Parks & Facilities

Alum Spring Park

Discover this hidden treasure within our city limits! This wooded park is located at the end of Greenbrier Drive extended. It is equipped with a renovated picnic shelter, picnic tables, restrooms, grills, play equipment, and walking paths. Alum Spring Park hours vary by season.

Summer Hours: April 1 - October 31 7 am-7 pm Daily.

Winter Hours: 10 am - 5 pm Daily. For more information on renting the shelter, call the Parks & Recreation office, 372-1086 x 0.

Canal Path

This pathway is 1.8 miles long and winds along the canal from Fall Hill Avenue to Princess Anne Street. Great for walkers and bike riders of all ages.

City Dock

This historic dock dates back to George Washington's day. Public fishing permitted. Located near the end of Sophia Street, just past the railroad tracks.

Cossey Botanical Park

The Cossey Botanical Park is a neighborhood park that features winding trails through a variety of landscaping, a small fishing pond, a dog park, open space and botanical garden used for educational sessions sponsored by the Virginia Cooperative Extension service. In 2012, a corner of the park was developed into a Community Garden program for City residents.

Dixon Park

This outdoor facility is 46 acres and features athletic fields, outdoor swimming pool, playground equipment, 1.5 miles of trails, restrooms, and nature preserve areas. Dixon Park is located on Rt. 2 & 17 across from Mayfield subdivision.

Dixon Park

Swimming Pool

Opened in 2006, the pool has a great slide, fun water features for the little ones and a zero-depth entry area for easy access. The pool is open during the summer. To reserve the pool for your event, contact the Parks & Recreation office, 372-1086 x 0.

Dorothy Hart

Community Center

Located at 408 Canal St. the community center is home to many of the classes and programs offered by the Parks and Recreation Department. It is also home to its administrative offices. This facility features three meeting rooms and auditorium. Available for rental pending availability. FRED bus also stops at the corner of Canal Street and Charles Street.

Fredericksburg Dog Park

Located on Kenmore Ave. near Mary Ball St., is a special fenced in area available to City residents and their dogs only, and is self monitored by its users. City residents who wish to use this facility need to have City dog tags for their pets, which are available at City Hall. Hours vary with season.

Hurkamp Park

A historic downtown park with a fountain, brick sidewalks and benches in the style of a traditional city park. Local farmers sell produce at Hurkamp Park on Saturdays and weekday mornings along the Prince Edward and George Street sides. The park is open 5 am-11 pm daily and is surrounded by William St., Prince Edward St., and George St. For more information on reserving Hurkamp Park for your event, call the Parks & Recreation office, 372-1086 x 0.

Maury Playground

Located at William St. and Kenmore Ave., Maury Playground has an open play area, lighted basketball court, and playground equipment. The park is open 6am - 10pm Daily.

Memorial Park

Memorial Park (sometimes referred to as Kenmore Park) is located on the corner of Kenmore Ave. and Mary Ball St. Memorial Park is equipped with 2 unlit tennis courts and 6 tennis courts that are lighted from dusk - 10 pm. The park also features a tennis practice wall, basketball court, youth play field, children's play equipment, and a toddler play area. Park hours: 6am - 10:30pm Daily.

Motts Run Nature Center

Manned by volunteers, the log cabin is open Saturdays and Sundays, April through October. Nature programs held in the center are available at other times during the year. For more information or to volunteer, call 372-1086, ext. 213.



Motts Run Reservoir Recreation Area

This 860-acre natural area including the 160-acre reservoir, is a haven for fishing, boating, canoeing, hiking, and picnicking. It also serves the residents of Fredericksburg and parts of Spotsylvania County with drinking water. You may bring your own boat (ELECTRIC MOTORS ONLY) to launch on the lake, or fish from the banks. Handicap fishing pier available. Fee charged for fishing and boat launching area. No swimming, horseback riding, biking of any kind, or all-terrain vehicles permitted. The park has jon boats and canoes available for rental, picnic grills and tables, and over 4 miles of hiking trails. Bring your own compass and enjoy the thrill of orienteering! Motts Reservoir is open: 7am - 7pm April 1 - October 31 (weather & water conditions permitting); Closed Nov. 1 - March 31.

Powhatan Park

Powhatan Park, a little less than an acre, is located at the northern corner of the intersection of Cowan Boulevard and Powhatan Street and is open to the public. This park received a new Playground in May of 2011, and has a modest pathway into the park from the sidewalk paralleling Cowan Boulevard. Benches, open space, trash cans, a parking lot, and some boarder fencing are also part of the park. Some shade is currently available and will be supplemented as recently planted trees mature.

Old Mill Park

Located at 2410 Caroline St, this park features soccer fields, picnic shelters, a playground, restrooms and river front views. Old Mill Park hours vary by season. Summer: 8am-8pm Daily. Winter: 10am-5pm Daily. Old Mill is a perfect rental location for your next event! To reserve the park contact the Parks & Recreation office, 372-1086 x 0.

Old Walker-Grant School

Located at 200 Gunnery Road, the facility has open playing fields, a lighted basketball court, and a children's play area.

Riverfront Park

Located on the beautiful Rappahanock River, in the 500-700 blocks of Sophia St., the park is available for events and festivals. Renovations are ongoing. For rental information, please contact the Parks & Recreation office at (540) 372-1086 x 0.

Snowden Baseball Fields

Located on Fall Hill Avenue, Snowden features two baseball diamonds as well as generous parking for sports enthusiasts who are attending practices and games. The park also has an open field area for recreational activities such as field hockey, Frisbee toss and more.

Snowden Park Playground

Located on Fall Hill Avenue, this park has playground equipment and basketball courts. The playground structure is designed for 5 – 12 yr. olds and includes an independent swing set and a small slide for the little tykes. The court is a two bank basketball court. Plus, there is plenty of open space for other outdoor activities.

W. L. Harris Playground

Located in the community of Mayfield, this park has a covered shelter, playground equipment, and a lighted basketball court.

Special Class Locations

Mind & Body Studio

562-2 Wolfe St.
Fredericksburg, VA 22401

The Creative Side, Inc

513 Jackson St.
Fredericksburg, VA 22401

White Buffalo Horse Farm

4325 Muster Field Rd.
Culpeper, VA 22701

Fredericksburg Police Headquarters

2200 Cowan Blvd.
Fredericksburg, Virginia 22401

Splitsville

51 Towne Centre Blvd.
Fredericksburg, Virginia 22407

How to Register



Online

Register for classes/programs from the comfort of your own home. Available to those with an account number and password. Classes with special enrollment or fee requirements not available. To apply for an account and register online, visit www.fredericksburgva.gov, Parks and Recreation Dept., then Online Registration.



Mail

For mail in registrations, please complete and sign the registration form included in this brochure. Credit card or check payments only. Mail in registrations are handled as they come in, and will NOT be mailed a receipt. Mail registration form and payment to:

Fredericksburg Parks and Recreation
408 Canal St.
Fredericksburg, VA 22401



Fax

Fax completed registration form to 540-372-3475. Credit card or account payments only. Registration cannot be processed without payment information and signature.



In Person

Registrations are taken in person at the Dorothy Hart Community Center at 408 Canal St. Cash, check or credit card payments accepted.

Monday - Thursday 9:00am to 9:00pm
Friday 9:00am to 4:00pm

Registration Basics

- No phone registration accepted.
- Fees must be paid in full at registration.
- \$50 fee for returned checks.
- Parks and Recreation reserves the right to cancel programs for insufficient enrollment.
- Visa, Mastercard, Discover, American Express cards accepted.
- Debit cards must carry the Visa logo to be accepted.
- All programs have a minimum and maximum enrollment.

Refund Policy

- ALLOW THIRTY DAYS FOR PROCESSING.
- All cancellations and refund requests for activities must be made through our office either by phone, fax, mail or in person.
- It is the participant's responsibility to verify receipt of refund requests.
- If the department cancels a program or trip, the money will be refunded.
- Classes: Students must cancel 24 hours before the 1st class to be eligible for refund. No refunds will be given after the first class.
- Trips: Registrants who cancel on or before the posted cancellation date shall receive a full refund. After that date, money will be refunded ONLY if the slot is filled by another participant.
- Sports: No refunds will be made after the 1st game.
- Changes to these policies will be posted online and at the Community Center.

Waiting List

A wait list will be created when a program has reached its maximum participant capacity. All in-person and mail-in registrants will be put on the waiting list unless otherwise requested. If a space becomes available and a person's waiting list status changes, you will be contacted by the department. Waiting lists do not roll over from previous, different sessions.

Please plan to register for activities/programs as early as possible. Many activities fill up very quickly.

Check out the new look of www.fredericksburgva.gov easier to navigate, easier forms, and more! We will continue to add new and exciting programs throughout the season that are not included in the catalog. Stay up to date by checking the website or signing up for the Parks & Recreation newsletter!

Please print, fill out completely, sign and mail or fax it to:

Fredericksburg Parks and Recreation
408 Canal St.
Fredericksburg, VA 22401

Fax: (540) 372-3475

Household Information:

Adult's First Name _____ Adult's Last Name _____

Address _____

City/State _____ Zip _____

Home Phone (____) _____ Work Phone (____) _____

E-mail _____

Registration Information:

Participants Name	M/F	DOB	Activity #	Activity Name	Date/Time	Fee

Payment Information:

Please check one of the following: ☐ Check (make payable to "City of Fredericksburg") ☐ Cash (walk-in only)

☐ Credit Card (Visa, M/C, Discover, Amex, Diner's Club, Carte Blanche, JCB)

Credit Card Number: _____

Exp. Date: Mo. _____ Yr. _____ Signature: _____

Liability Release:

I understand the nature and scope of the activity listed above. I understand that there are risks and dangers associated with the activity. I understand that it is not the function of the City of Fredericksburg, its employees, agents, operators, or instructors to guarantee the safety of participants with respect to this activity. I also understand that each participant has the responsibility to exercise with due care in the performance of the activity for the safety of him/herself and the other participants.

In consideration of my/the participant's being permitted to enroll in this activity, I hereby release, indemnify and hold harmless the City of Fredericksburg, its employees, agents, operators, and instructors from any and all claims, demands, costs, charges, and expenses for harm, injury, damage or loss which may be sustained by me/the participant as a result of or relating to participation in this activity.

Photo Permission by Parent, Legal Guardian or Legal Custodian: I give the City of Fredericksburg, its officials and employees, permission to photograph or videotape the above named participant, who is a juvenile, during his or her participation in the Recreation Program. I understand and agree that the participant's picture and any materials he or she has produced during the program may be placed on the City's website or within other materials publicizing the City's Recreation Programs. I also give permission for the participant, his or her picture, to appear in the newspaper, social media, or on television as a participant in the Recreation Program.

In witness whereof, I have executed this Liability Release and Photo Permission as my own free act on the _____ day of _____, 2013/2014

Participant Parent, Legal Guardian, or Legal Custodian,

if participant is under 18 years of age Signature: _____



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